

MARCH 2025

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GLENBROOK globe

THE OFFICIAL GLENBROOK COMMUNITY NEWSLETTER



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This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!

MARCH 26
Purple Day



Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.



Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com

Share your purple moments using

#postyourpurple



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BRAIN
GAMES

SUDOKU

					7			8
4	3	2	6	8				
	8		4			2	3	
	6		1					
3								5
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9			3					

SCAN THE QR CODE
FOR THE SOLUTION



CLASSIC CARS GLENBROOK

1979 CHEV TORPEDOBACK



Words and photo by Fred Nelson

Brian wanted something a little different to restore and he found this car in rural Saskatchewan. It no longer ran, so he replaced the entire driveline with something much newer.

Naturally, it then needed better brakes and suspension. Next came a new custom interior.

The project ate up ten years, but he ended up with a classic-looking cruiser that drives like a new car and doesn't pollute the air.

If you have a classic car that you would like to see featured in the Glenbrook Globe, please reach out to Fred at 403-242-3856.

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GLENBROOK CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Glenbrook Community Association

Please direct all questions to
glenbrook.community@shaw.ca
 or call 403-249-6664.

2025 Board Members

President	Kim
Vice-President	Vacant
Past-President	Ken
Secretary	Murray
Treasurer	Gary
Newsletter Editor	Noel
Director at Large	Nicole
Director at Large	Margaret
Memberships	Mary
Outdoor Planning	Bill
Urban Canopy	Bistrin
Hall Rentals	Shirley
Senior Programming	Grace
Social Committee	Emily
Pet of the Month	Charlene
City of Calgary Social Worker	Binu

9 PM

ROUTINE

CALGARY
POLICE
SERVICE

✓ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Hall Rentals

Please direct all questions to
glenbrook.community@shaw.ca
 or call 403-249-6664.

Hall:

- Monday to Thursday, Daytime (cut off 5:00 pm)
 - \$30 per hour, minimum three hours
 - Damage Deposit of \$250
- Monday to Thursday, Evening (5:00 to 10:00 pm)
 - \$35 per hour, minimum three hours
 - Damage Deposit of \$250
- Friday, Saturday, and Sunday (8:00 am to 3:00 am)
 - \$400 day rate
- Wedding Package: Friday evening (5:00 pm) to Sunday (12:00 pm)
 - \$700

Security Deposit:

A \$500 security deposit is required for all hall rentals (unless otherwise noted) to be returned up to seven days past the event.

Boardroom:

- Monday to Thursday
- \$30 per hour, minimum three hours (daily maximum of \$250)
- Not available for rental Saturday or Sunday

Storage Rooms:

- Small (8'x16') – \$100 per month
- Large (12'x14') – \$120 per month

Note:

The sport shack, parking lot/parking spaces, and outdoor rinks/sport courts are not for rent. They are for community association use only.

GCA Meetings

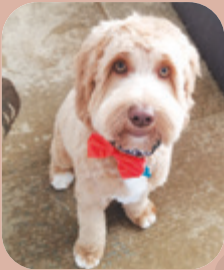
Upcoming Meetings

- March 6
- April 3

Did you know that anyone can attend meetings of the Glenbrook Community Association? They aren't only for board members. Everyone in our community has a voice and we would love to hear them.

Meetings are held on the first Thursday of the month, from September to June, at 7:00 pm in the Glenbrook Hall (3524 45 St SW).

Cats, Canines, & Critters of Calgary



Jax, McKenzie Towne



Louie, Panorama Country Hills



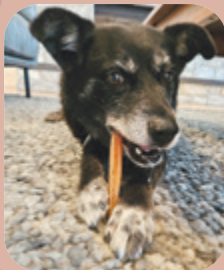
Luna, Marda Loop



Luna, West Hillhurst



Lutik, Douglas Quarry



Mystery, Christie Park



Neville, Douglas Glen



Snoop, Southwood

To have your pet featured, email news@mycalgary.com

PRESIDENT'S MESSAGE

Hello again Glenbrook!

As winter's chill fades and the days grow longer, I am looking forward to the arrival of spring and warmer weather. Spring officially arrives on March 21, so flowers will soon be blooming, and trees will be budding out. As we make this transition, I ask that everyone be patient as the rink is put away and work begins on getting the summer courts ready for use.

March is also the month when we celebrate St. Patrick's Day, which falls on Monday the 17. Did you know that the original colour associated with St. Patrick was blue, not green? Over time, green became the colour of choice due to Ireland's lush landscape and the use of the shamrock by St. Patrick to explain the holy trinity. Also, March 9 is the day we 'spring ahead' by moving our clocks ahead one hour.

Be sure to keep an eye on the *Globe*, as we have been planning several events that are coming up over the next few months, including our neighbourhood cleanup, the Starry Nights dance, and much more!

Take care,

Kim

President, Glenbrook Community Association



Events Committee

Are you interested in how the Glenbrook Community Association plans its yearly events and want to help us with the next one? Come check out our Events Committee! See how you fit into our existing events or propose a brand-new idea. We meet on the second Wednesday of most months. Reach out to glenbrook.community@shaw.ca with any questions. We hope to see you there!

Letter from the Editor

Hello, Dear Reader!

My name is Noel, and I am the newsletter editor for the Glenbrook Community Association. I hope you enjoy reading this edition of *the Globe*, whether in print or online. We love to hear from the community and get to know our readership, so if you have any feedback, questions, ideas, or just want to say hi, feel free to email glenbrook.community@shaw.ca and we will get back to you.

Thanks!



SPRING
Fling
DANCE

Celebrate the new season with the Glenbrook Community Association at our Spring Fling Dance!

Live music by Silence In B'tween, food and drinks available. Tickets \$20/Person or \$50 for up to a family of four. Space is limited, register at glenbrookprograms@shaw.ca

26
SATURDAY APRIL 7:30 TO 10:30 PM
2025

Glenbrook Community Hall 3524 45 St SW

Burns and Scalds

by Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over-the-counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.

CONNECTING GLENBROOK

The Glenbrook Community Association is pleased to offer a number of free clubs and groups throughout the month, taking place at the community hall. If you are interested in trying out one or more of these, please email glenbrookevents@shaw.ca so we can gauge interest. Long-term participation in these programs will require purchase of a community membership.



Tai Chi

Tuesday mornings at the hall we have been gathering to practice a Qi Gong 18 form modified Tai Chi exercise program. The program consists of a warm-up, two sets of 18 stand-in-place exercises, and some upper body stretches to cool down with a few spontaneous laughter sessions thrown in. Combine this with some socialization and it makes for a fun time. Come out and give it a try.

Contact Gary at glenbrookevents@shaw.ca.



Book Club

This month we are reading *The Last Heir to Blackwood Library* by Hester Fox. For April, we will read *Moon of the Crusted Snow* by Waubgeshig Rice. We meet upstairs in the community hall meeting space. Please reach out to be informed of possible schedule changes if this is your first visit.

Contact Grace at glenbrookevents@shaw.ca.



Coffee Social

Thank you to Audrey and Pat for entertaining us in January and WINS for hosting us in February. Come join us next time for more coffee and fellowship.

Please reach out if this is your first time attending to be informed of any changes.

Contact Audrey at glenbrookevents@shaw.ca.

Main Hall

Tuesday, March 4	Tai Chi	10:00 to 11:30 am
Tuesday, March 11	Tai Chi	10:00 to 11:30 am
Tuesday, March 18	Tai Chi	10:00 to 11:30 am
Tuesday, March 25	Tai Chi	10:00 to 11:30 am
Friday, March 28	Coffee Social	10:00 to 11:30 am

Upstairs Meeting Room

Wednesday, March 19	Book Club	1:00 to 3:00 pm
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2024 TAX RETURNS — FILING DEADLINE APRIL 30, 2025

Pets of Glenbrook

Do you have a furry friend who you would like to show off to the readers of the *Glenbrook Globe*? We are taking submissions for our monthly Pets of Glenbrook feature. Just email a photo and short write-up about them to Charlene at glenbrookglobepets@gmail.com. We look forward to meeting them!





Glenbrook Real Estate Update

Last 12 Months Glenbrook
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2025	\$340,000	\$341,000
December 2024	\$534,450	\$527,500
November 2024	\$685,000	\$700,000
October 2024	\$712,450	\$713,100
September 2024	\$715,000	\$700,000
August 2024	\$487,450	\$476,250
July 2024	\$439,900	\$450,000
June 2024	\$699,900	\$700,000
May 2024	\$482,400	\$526,000
April 2024	\$389,800	\$460,000
March 2024	\$450,000	\$499,000
February 2024	\$699,999	\$730,000

Last 12 Months Glenbrook
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2025	10	5
December 2024	5	4
November 2024	9	13
October 2024	11	12
September 2024	16	11
August 2024	16	18
July 2024	11	13
June 2024	25	21
May 2024	30	30
April 2024	17	13
March 2024	20	19
February 2024	15	15

To view more detailed information that comprise the above
MLS averages please visit glen.mycalgary.com

GLENBROOK ATHLETICS

Calgary Padel Club

Junior Program, Adult Teams, Tournaments
3524 45 St. SW | info@calgarypadel.ca

Calgary Wildcats Football

Atom/Bantam/Peewee, Spring Football
Practices at Glenbrook School
Games at Shouldice Athletic Park
contact@calgarywildcatsfootball.com

Fencing Academy of Calgary

Introductory/Beginner/Intermediate
Foil, Epee, or Sabre Class
3524 45 St. SW | faofc@fencingacademy.ca

Umoja Community Mosaic

Soccer Without Boundaries – Saturday Soccer Club
Various locations including Glenbrook
office@umojamosaic.org

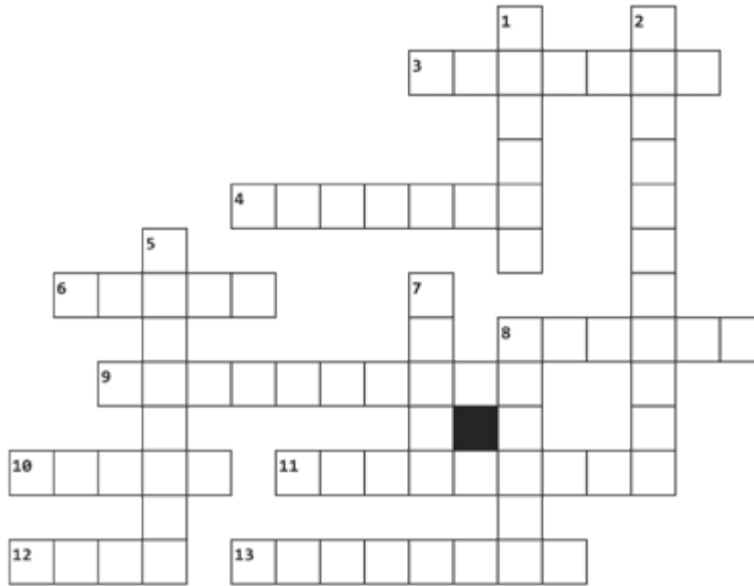
Follow Us On Social Media

Glenbrook Community Association

@glenbrookcommunityyc

Connect with your community
Learn about neighbourhood events and services
Find what makes Glenbrook great!

March Crossword



Across

3. Known as the “Fight of the Century”, on March 8, 1971, Muhammad Ali’s 31-fight winning streak was ended by Joe _____ in Madison Square Garden.
4. Nathan _____ was born on March 27, 1971, in Edmonton, Alberta, and is best known for his role as Captain Malcolm on *Firefly*.
6. Pink _____’s album *The Dark Side of the Moon* was released on March 1, 1973, and stayed on the Billboard Top 200 album charts for 741 weeks!
8. A _____ *Life*, an emotional novel following the lives of four friends and written by Hanya Yanagihara, was first published on March 10, 2015.
9. This pale-blue gemstone is one of March’s birthstones.
10. On March 26, 1953, Dr. Jonas Salk successfully tested a vaccine for this disease that has affected notable individuals such as Frida Kahlo, Franklin D. Roosevelt, Joni Mitchell, and Neil Young in the past.
11. Known for her roles in *Schitt’s Creek*, *Home Alone*, and *Beetlejuice*, _____ O’Hara was born on March 4, 1954, in Toronto, Ontario.
12. The month of March is named after this Roman god of war.

13. This iconic film about a giant ape causing chaos in New York City first premiered on March 2, 1933, at Radio City Music Hall.

Down

1. Daylight _____ Time will start on Sunday, March 9 this year.
2. This national park with geothermal features spanning across Wyoming, Montana, and Idaho became the first national park in the world on March 1, 1872.
5. Daffodils and _____ are the official birth flowers of March.
7. March is officially _____ Heritage Month in Canada and celebrates the history and impact of individuals, past and present, from the country nicknamed the “Emerald Isle”.
8. On March 2, 2024, _____ James made NBA history by becoming the first player to score 40,000 career points.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Landlord and Tenant Law in Condominiums

by Charmaine Coutinho, Volunteer Lawyer



This article will only discuss leases covered by Alberta's Residential Tenancies Act (RTA), and only when the rental unit is a condo unit. I will highlight some of the differences between the RTA and the Condominium Property Act that may surprise both landlords and tenants.

Renting a Condominium Unit

Though rental of a whole condo unit is generally covered by the Residential Tenancies Act (RTA), the Condominium Property Act trumps the RTA in some circumstances. Importantly, condo bylaws take precedence over the terms of a lease, so a tenant in a condo unit should always ask for the condo bylaws. If, for example, you sign a lease for a condo unit that permits pets, but the condo bylaws permit only dogs under 20 lbs, you may be evicted by the condo board for keeping a cat or a large dog in your unit. This scenario also demonstrates that a condo board has authority to sanction and/or evict a tenant even when a landlord may not. Even if a landlord is prohibited from taking action under the RTA (for example, from evicting a non-harmful, rent-paying tenant in the midst of a fixed-term lease), the condo board may have authority to do so under condo legislation or the condo bylaws.

If a tenant breaches the bylaws or damages common property, the condo board is entitled to sanction or evict the tenant without the landlord's (the condo unit owner) consent. If the condo board evicts a tenant, the tenancy terminates on the last day of the month immediately following the month during which the

notice was delivered. So, for example, regardless of whether the condo board issues an eviction notice on August 1 or August 25, the tenancy will terminate on September 31. This notice period is much shorter than needed from a landlord for a periodic tenancy and even trumps a fixed-term lease.

The condo board also has the authority to require a tenant to redirect their rent payment to the condo board. In these circumstances, condo legislation deems the rent to have been paid to the landlord such that the tenant is not considered in breach of their obligations under the lease.

The condo board can also require an owner to pay a deposit for renting out the unit. All deposits requested by the landlord are aggregated and considered a 'security deposit' under the RTA, and a security deposit cannot exceed the amount of the first month's rent. Any deposit requested by the condo board is payable by the landlord; if a landlord asks the tenant for this amount, it too is lumped in with any other deposit and considered a component of the 'security deposit'. Regardless of any requirement by the condo board on the owner, the security deposit payable by a tenant cannot exceed the amount of the first month's rent.

I hope that this brief helps community members to understand their rights and obligations in the context of a condo lease covered by the Residential Tenancies Act. I wish my neighbours amicable tenancies and peaceful enjoyment of their rental premises!



4-H INTRO CLUBS

4-H in the City: Fun and Learning for Calgary Kids

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

4-H isn't just for life on the farm anymore! In Calgary, 4-H Intro Clubs are offering city kids a chance to explore a wide range of exciting hands-on activities. These six-week programs give youth ages 9 to 15 the opportunity to learn about and try things like pottery, sourdough baking, food science, hydroponics, and even reptiles. It's a great way for kids to discover new interests, learn practical skills, and make friends along the way.



One of the most fun activities in the clubs is making smoothies. Each week, members experiment with different ingredients, learning about nutrition, measurement, and recipe creation. The first smoothie they'll make is an oatmeal cookie-flavoured smoothie—healthy, delicious, and a great way to dive into cooking. It's a perfect mix of fun and learning, with a focus on balancing flavours and understanding the science behind food.

Here's one of our favourites you can try at home!

Oatmeal Cookie Smoothie

Single Serving

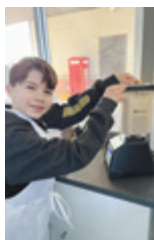
Ingredients:

- ¼ cup old-fashioned oats
- 1 cup unsweetened coconut or almond milk
- ½ teaspoon vanilla extract
- 1 tablespoon honey (to taste)
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- Pinch of nutmeg
- Pinch of salt
- 1 frozen banana (peeled)

Directions:

1. Add oats to the blender and pulse until finely ground.
2. Add milk, vanilla, honey, and spices.
3. Add the frozen banana.
4. Blend until smooth.

In addition to making smoothies, kids also get the chance to practice leadership, teamwork, and communication by running their own business meetings. These skills are key for personal growth and work well in any area of life.



The final two 4-H Intro Clubs will be coming soon to Canyon Meadows in Calgary's SW. It's a great opportunity for kids to try something new and have fun while learning. For more details, email introclubs@4hab.com. We hope you'll give this smoothie recipe a try and let us know what you think!



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GLENBROOK COMMUNITY MEMBERSHIP

Glenbrook Hall: 3524 – 45 Street SW, Calgary, AB T3E 3V2
Glenbrook.Community@shaw.ca • 403- 249-6664

Your community association is a group of volunteers who work to make your community a great place to live for residents of all ages. You can become involved with your community association in two important ways:

1. Become a member – when you purchase your annual Glenbrook membership, your dues are used to offer you and your neighbours many programs and activities.

2. Become a volunteer – Glenbrook Community Association relies on volunteers to make things happen. There are many ways to volunteer to make your community a more enjoyable place to live. At the same time, you will make new friends and learn new skills.

Membership forms and payment can be dropped off at the Glenbrook Hall mail slot, mailed through Canada Post to the Hall (address listed above), or purchased at community events. Debit and Credit payments are now accepted.

Membership fees: \$25 per family (includes any family member living at same address) or \$20 for Senior (65 years and older) or individual. Please make cheques payable to: Glenbrook Community Association

(September 1, 2024 to August 31, 2025)

Name:

Address:

Phone:

Cell:

Email:

Membership type: Family (\$25)

Senior 65+/Single (\$20)

Payment type: Cash Cheque

(payable to Glenbrook Community Association)

Volunteer – we are always looking for volunteers to help with various events within the community. Volunteer opportunities include the following - Skating events, skating rink maintenance, Family Fun days, Community cleanup day, sports events, Casinos, etc.

Contact for Volunteer canvas: Yes

No.....

YOUR CITY OF CALGARY

What Goes Where?



by The City of Calgary

Sorting can be tricky, but every decision counts, and we're here to help you become a sorting pro.

Green bins are for food scraps and yard waste, and your blue bin is for acceptable household paper, cardboard, and container packaging.



Some old and broken household items don't always have to end up in the black bin, there are a range of programs and services to help divert waste from our landfills and give items a second life.

Together, we can make a big impact and become recycling and composting champions.

If you're unsure where an item belongs, visit calgary.ca/whatgoeswhere to find the 'Right Bin for the Win!'

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 ✉️ calgary.currie@assembly.ab.ca

It's provincial budget time again, and this year's budget is being presented under a thick veil of speculation and uncertainty, largely because of a new government to the south.

Even before the threat of tariffs landed on Alberta's doorstep, the finance minister was suggesting there would likely be cuts across most, if not all, ministries. Budget decisions, especially cuts, are rarely simple, but many of them have been unnecessary.

Recent moves from the government have either 1) granted benefit for a few, or 2) increased costs for many.

The committee that oversees MLA compensation, living allowances, and caucus funding, which is largely UCP members, voted to give themselves a big raise, far higher than an independent consultant recommended. They also changed the formula for caucus budget, adding \$1,000,000 to their political staff budget.

Clearly, the government knows the cost of living has gone up, which makes some of the following cuts a lot tougher to accept:

- Income supports like Alberta Works, Child Benefits, and AISH are no longer indexed to inflation.
- Funding was cut to three reputable organizations supporting adults with disabilities.
- They stopped providing coverage to children and seniors for partial eye exams and several other optometry services.
- They are raising the cap on car insurance hikes from 3.7 percent to 15 percent over two years.
- They refuse to improve the poverty wages of educational assistants.
- They removed local decision making from homelessness agencies during a housing and affordability crisis.
- They almost pulled funding for Calgary's low-income transit pass, until they realized it was bad press.

Unfortunately, this list is far from exhaustive. If you've been impacted by cuts, please reach out. These are certainly trying times, and you don't have to manage them alone. Your Calgary-Currie team is here to help.

BUSINESS CLASSIFIEDS

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

OPEN CANOPY TREE CO.: We are located right next door in Glamorgan. Our Arborists have been servicing trees since 2015 and offer a top notch, fully insured service for all of your tree care and removal needs. Visit our website www.opencanopytree.com or call 403-466-1656 to request a quote.

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